



Chores

We know that chores are not very fun, but they do have to be done.

Read our top tips for when you're living alone for cleaning and doing those things that just need doing.

Bathroom and Kitchen

Remember:

- Chemicals are dangerous so make sure when cleaning using them that you have the windows and doors open and wash your hands afterwards as they smell and can make you poorly.
- You can use a cloth and spray to clean the surfaces, sinks, baths, showers, ovens, fridges and mirrors.
- Pour some bleach in the toilet and flush it after half an hour or so
- Hoover and mop the floors
- Throw the cloth away when you are finished using it as it will be dirty and have chemicals on it



Keep your home tidy

Try to not let your home get too messy so it takes less time to keep tidy

Here are some tips:

- Put things away when you are finished with them
- Throw away anything you do not need like old magazines





or papers, if you have old toys, clothes or anything that other people can use, you can take them to a charity shop

- Put your clothes in the washing basket when you are finished wearing them
- Dust your surfaces regularly
- Hoover after you have dusted and also hoover once a week

Shopping

You will need to make sure you always have food in your home:

- You will need to plan when you will go food shopping and who you might go shopping with for help
- Write a list of what you will eat for breakfast, lunch and dinner so you know what to buy when at the shops
- Remember to take shopping bags with you if you have some
- Make sure you have enough money for your shopping before you go
- Finally, don't forget to plan how you will get there and home again, maybe a friend or family member will drive you, will you walk or go on the bus?

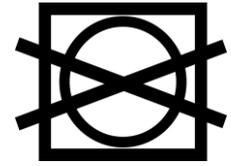
Washing Clothes

You will need to make sure your clothes are clean.

- You should go through your washing basket and split your dirty laundry into light colours and dark colours, this is so you don't accidentally change the colours of your clothes
- You will need to know how to use your washing machine, they are all different but the 'mixed' setting works for most things. You can read the manual that comes with the machine for different settings.
- You will need washing powder, or tablets or any other washing detergent to make sure the washing machine cleans your clothes.
- Make sure when the wash is finished that you take the clothes out and hang them out to dry.



- If you are using a tumble dryer to dry your clothes, make sure you check your clothes for this symbol as those clothes cannot go into the tumble dryer
- Open the windows if your dry your clothes inside.



Washing up

Washing up happens every day. Any plate, cup, pan and cutley that you use will need cleaning after.

You can use a dishwasher:

- Out the things in the machone as soon as youre done using them
- When it is full you will need to out a dishwasher tablet into the slot in the door and switch it on
- Don't foget to press start!

You can also wash your things by hand in the sink:

- Some really dirty things will need a soak in warm water and washing up liquid before they are washed to make it easier for you
- Fill the sink with washing up liquid and warm water (be careful it isn't too hot for your hands) and clean your pots and pans
- If the water gets really dirty, you can empty it and start again
- Remember to put everything away when its dry

